



Spring 2020

The Sage Page Spring 2020

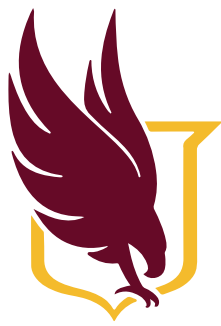
Winthrop University Honors Association

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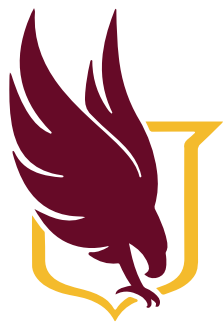
NCHC Award Winning Newsletter

THE SAGE PAGE



SPRING 2020





MEET THE 2019-2020 WUHA! OFFICERS



Nolan Worthy

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Senior | Computer Science



Sauliha Mitchell

Vice President

Junior | Political Science



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Senior | Psychology



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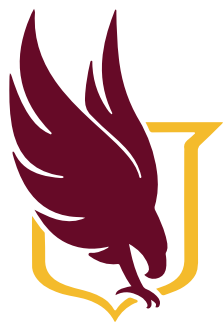
Erin Streetman

Sage Page Editor

Junior | Psychology

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WELCOME CLASS OF 2024

Michael Lipscomb, Ph.D.
Honors Program Director

Dear Honors Students, Alumni, Faculty and Friends, Welcome to our eleventh year of publication of our student-produced Honors Program newsletter, The Sage Page. Needless to say, the Corona virus global crisis and the move to online instruction in the spring of 2020 has made this year one of the most challenging for Winthrop and the Honors Program. Nonetheless, as this edition of the Sage Page illustrates, we have had another year of incredible accomplishments.

As with previous editions, the students have provided interesting articles on several topics. Nolan Worthy, president of the Winthrop University Honors Association (WUHA!), welcomes the class of 2023 by describing several social and service events that were conducted by the Honors community in past semesters. On page 4, Téa Franco, co-editor of The Sage Page, discusses five awesome opportunities provided by the Honors Program, and on pages 5 and 6, Theo Kahler, a graduate, talks about his experience being a student athlete while excelling in the Honors Program. Page 7 includes photos and stories from Honors students who studied abroad. Pages 8 and 9 feature Alex Corder discussing how the Honors Program has helped him navigate his life after graduation and his experiences in the workforce. Page 10 offers congratulations to our winter 2019 and spring 2020 Honors Program graduates. Page 11 offers a photo story about Honors students' events with WUHA. Joslynn Luto, on pages 12 and 13, explains why she chose to join the Honors Program and how it has provided her with valuable support during her time at Winthrop.

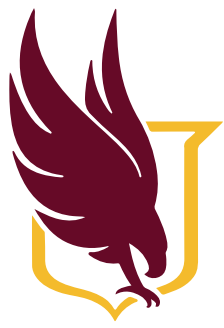
I want to thank all of the students who contributed to this edition, particularly the co-editors, Erin Streetman and Téa Franco, and I want to invite all Honors Program alumni to keep us updated on your activities. On page 14, we provide you with a "stay connected" form; we hope that you will complete the form so that we can keep you informed about the progress and accomplishments of the Honors Program as you move forward into your post-graduation life. You may do so by filling out the information on the back or contacting me directly.

I hope you enjoy the Sage Page!

Nolan Worthy
Senior
Computer Science

Dear WUHA!,

It is my pleasure to serve you all as the President of the Winthrop University Honors Association for the 2019-2020 school year. WUHA! is here to enhance your experience in the Honors Program by organizing service projects and academic information sessions, as well as social events, like movie nights, dessert parties, and the Bigs and Littles program. Our board of officers works diligently to put these events together to give you a community of fellow honors students and a retreat from your classes so that you can have the best Winthrop experience possible. We know that you stand out among your peers for your performance in the classroom, and we want to enable you to harness your academic ability and excel as a student who represents Winthrop. By giving you a space to recharge away from your studies, WUHA! is here to do that.



Five Awesome Things About The Honors Program



| Photo provided by Erin Streetman

Téa Franco
Senior
Mass Communications

The Honors Program at Winthrop University is a great opportunity for high achieving students to take more challenging classes, and get to explore different topics in more nuanced ways through their college careers. Often, when freshman are asked to join the program, they ask "Is it really worth it to be in the Honors Program?" The answer to their question is yes, and here are 5 reasons why:

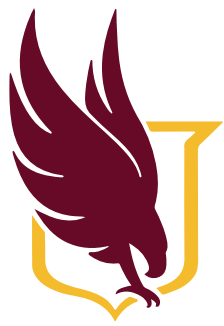
You get the opportunity to take classes on a variety of unique subject matters. Picture this: instead of taking psychology 101 you can take a class on The Psychology of Shakespeare and learn how to apply the basics of psychology to famous stories. Imagine taking a class about Bob Dylan as literature where a lot of your homework assignments include listening to music. Or how about a class on silent comedies where you analyze the life and work of Charlie Chaplin and Buster Keaton? All of these classes and more are right at your fingertips when you enter the Honors Program.

It gives you a chance to give back to your community. community. Not only is the Honors Program an academic based program, it also highly values and promotes service. In order to graduate the honors program, one must complete a service learning project. You can become a volunteer note taker, paint houses around Rock Hill, work at a soup kitchen, or any other community service activity to get your credit. While this seems like just an additional requirement, it's actually a really meaningful way to impact your community and get to know Rock Hill better.

It looks great on a resume. The whole point of college is to get a job? Well, being in the Honors Program is a step towards getting one's dream job after they graduate. Employers like to see that you took the initiative to go the extra mile and take more challenging classes. It shows your work ethic and your ability to take on hard tasks.

It presents leadership opportunities. The Honors Program has a social organization called the Winthrop University Honors Association (WUHA). The organization coordinates events and programs for Honors students. Each year, WUHA holds elections for 8 executive board positions: president, vice president, secretary, treasurer, two service learning coordinators, and two Sage Page editors. This allows students to get closer with the Honors community and gain some leadership skills in the process.

You become part of a community. The Honors Program is not just about academics: it is about community. From the time a freshman joins the honors program, they are immersed in the community. Many freshman live on all Honors floors of residence halls, they are invited to a pizza party for their first night on campus, they are given a student mentor (called a 'big'), and so much more. Through fun events like movie marathons, tie-dyeing socks, and more, the Winthrop Honors Program gives students a chance to meet other students and get out of their comfort zone.



An Athlete's Perspective on the Honors Program

Theo Kahler

Winter 2019 Graduate

First off, I want to assure you that this isn't going to be one of those articles where I place student-athletes on some some of god-like pedestal. Yes, student-athletes spend a lot of their time and energy on their sport and academic life. No, that does not make them better or more deserving of sympathy than other students. We've all seen the cringey tweets where high school baseball players complain that their life is so much harder than "NARPs" (Non-Athletic Regular People).

Joking aside, being an Honors student and an athlete can be demanding but ultimately manageable. A common misunderstanding that people have come from grouping all student-athletes together. "Student-athlete" is a blanket phrase that applies to all college students who play varsity sports, but individual sports differ vastly from each other; student-athletes have different time requirements and schedules based on what sport they play.

For example, I run cross country and track. On the average day, my sport demands about 1-2 hours from me. However, when I have competitions, I might be sitting around in the student union at High Point University for 2 days, waiting to run a race at 7 p.m. on a Saturday. This is vastly different from say, a soccer player. Soccer players tend to practice longer and workout in the weight room more, so their weekly time demands are generally more extensive than mine. However, because I compete in three seasons a year (cross country, indoor track, and outdoor track), I am constantly racing. Soccer players, on the other hand, only play in-season games in the fall.

On top of the differences between sports, not all student athletes will have the same academic work-load. I know multiple athletic training majors who were athletes that had to switch their majors because athletic training requires a massive amount of clinical hours,



| Photo provided by Theo Kahler

which are virtually impossible to meet if you have to balance them with your own practice times. Conversely, I am a political science major, so most of my work is done on my own terms (reading journal articles, writing papers, etc.). With these considerations in mind, it's important to remember that adding an Honors degree is not incompatible with being a student athlete. Just as I have chosen to participate in collegiate sports, I have chosen to be in the Honors Program. In fact, they provide very similar opportunities. Both have helped me make friends, engage with my superiors, and challenge myself to become a better person.

Take the first opportunity I mentioned: making friends. I came to Winthrop wanting something different from high school — a new environment where I would have a chance to meet new people. Just like traditional first-year Honors students, I had the chance to move in early with my team, where I met the people that I would be practicing with for the next few years. I quickly became close with my teammates, but I made sure to expand my friend group from solely being comprised of cross

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| Photo provided by Theo Kahler



country runners. I met some other Honors students through classes and living in Courtyard, and I learned to appreciate the inclusivity of the Honors community.

I have also had the opportunity to hone my professional skills through athletics and the Honors Program. I've learned the value of writing a professional email — whether it's targeted at a coach or a professor — and learned not to be afraid to speak up when I'm confused. Having consistent interaction with my superiors has exponentially improved my communication skills, and I thank Winthrop's approachable faculty/staff for providing me the opportunity to communicate freely.

Lastly, I have challenged myself daily through athletics and my experiences in the Honors Program. I've been lucky enough to run faster each year I've been here, but I would not have the fitness to compete at a high level if I didn't endure countless 6:30 a.m. workouts on the Winthrop cross country course. Similarly, some of the classes I've taken in the Honors Program have tested me — not only are honors classes more work, but your professors and peers expect excellence from you. There have been many times where I've felt overwhelmed in a class, but, after talking with my professor, I gained the confidence to regroup and push on. I think the key to approaching college is looking for opportunities; not obligations. Being involved in a community of high-achieving individuals (e.g., Honors kids) can be

intimidating, but instead of treating your college experiences as mandatory, look at them as a chance to find what you like to do. That goes with extracurricular activities too — this isn't high school, it's okay if you don't join every club or honor society offered to you. I tried out everything from the Skydiving Club to copy editing for the Johnsonian before I realized that I needed to scale back my involvements to devote my time fairly to what I enjoyed most.

During my final semester, I have focused my energy on running at a high level and finishing up my political science degree, which has proven to be fruitful. After cross country, I was selected to the Big South All-Conference team and made the Academic All-Conference team.

“ I think the key to approaching college is looking for opportunities; not obligations.

Within the Honors Program, I got the chance to explore my research interests with my Honors thesis, studying the environmental implications of public transportation in Europe and America. By balancing my athletic and academic life, I was able to finish my Winthrop experience with a sense of fulfillment.

Being an athlete and an Honors student aren't a mutually exclusive combination that will leave you in despair. Rather, getting to challenge myself in the Honors program while also participating in the sport that I love has made for a rewarding college experience. I caution anyone who takes on time consuming responsibilities to ensure that you're passionate about both, but ultimately, if you are, then it will be an enriching experience.

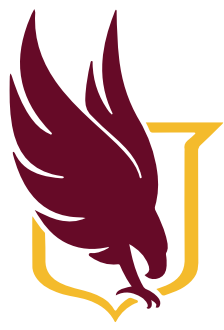


Photo Story - Honors Students Study Abroad



Erin Streetman and Téa Franco at the Temple of Apollo on their trip to Greece and Italy

Winthrop offers great opportunities for studying abroad, especially through the honors program! Students are able to get an Honors Program Degree with International Experience, or they can take a short-term trip abroad through specific classes!

Here are some students who were able to study abroad while at Winthrop.



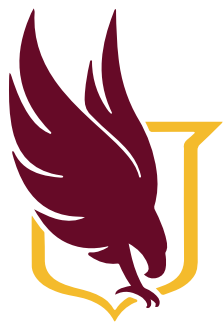
Erin Creed takes a trip to Ireland, making new friends while studying abroad



Alex Pennington poses in phone booths with other WU students on a trip to London



Jonathan Burkhead sits with friends on a trip abroad to Canada



A Note From an Honors Alumnus



| Photo provided by Alex Corder

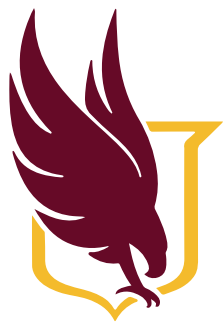
Alex Corder
May 2017 Graduate

Six years ago, I haphazardly wandered through the halls of Kinard, thoughts flickering between lines and annotations of Plato's "Allegory of the Cave" as I resumed my normal seat in the Honors section of HMXP - The Human Experience. Truth be told, my immediate concern of the potential pop quiz over the assigned reading for that class period maintained most of my focus. Dr. Amanda Hiner, a true intellectual whose insight I still carry today, pulled quotes from the text as a way of facilitating conversation amongst the crowd of freshmen Honors students. She painted an image of the lonely dwellers of this philosophical cave, their backs permanently facing the one entrance and their concept

of the world defined solely by the outlines dancing across the cave walls. "In every way such prisoners would deem reality to be nothing else than the shadows of the artificial objects." Though I didn't realize it at the time, this would be the earliest memory I have of what it meant to be an Honors student: surrounding myself with a room full of people all simultaneously diving deeper into Plato's words, going beyond the assignment into novel interpretations of the text. This is the essence of what being an Honors student was like at Winthrop University. We walked into college in our own individual caves, and it was this program that turned us ever so steadily to the light.

After being away from undergrad for a few years, reminiscences became a rolodex of highlights from what defined our time on campus. I would be lying if I didn't acknowledge the work it took to graduate with an Honors degree, as there were many late nights and early mornings filled with study groups, papers, and exams to assess the knowledge we were building. Those challenging weeks weaved into months, and those months into a college career of setbacks and accomplishments. Just as Plato's cave dwellers taking in their first glimmers of light, we were patiently guided by our outstanding faculty to see us through the "habituation" needed to function as college students. Our classes weren't labeled honors because they were harder, but rather because every classroom held an unspoken agreement between faculty and students; our professors facilitated a deeper dive into material because it was understood that we, as Honors students, were interested and wanted more. Looking back, it is this faculty support that I remember most, motivating us with their adamancy to share their life's work with a room full of students who genuinely wanted to listen. We embraced the light we were shown and stepped out of our caves to not only grow as students, but also as future citizens of the world beyond our final semesters at Winthrop University. I truly believe being an Honors student was an unmatched support system that helped me to eventually step across that

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graduation stage. Nevertheless, I still do not think I was prepared for the impact that this program would have on the life I started after taking the last few graduation photos outside our Winthrop Coliseum, packing my stuff, and driving away from Rock Hill.

I was lucky enough to be accepted straight into veterinary school immediately after graduation, meaning I stepped down from one academic mountain just in time to begin climbing another. Once again, I found myself stepping out from my current cave into a new, challenging world away from my comfortable college community. I was surrounded by a new culture of students and faculty from around the world in veterinary school, and for the first time I began to see the differences between their prior education and what we all experience in the Honors Program at Winthrop. I was a state away from Rock Hill, and most of my classmates hadn't even heard of our college. What's more was that many of my classmates came from much larger, well known state universities, and I didn't know what to expect when our first few exams

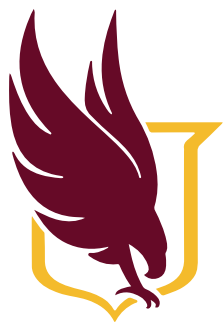
put our academic preparation to the test. What I found made me treasure my Honors degree that much more; the smaller Honors class sizes, the breadth of study, and the one-on-one Honors faculty support paid off in dividends. Not only was I able to stay afloat in this challenging professional program, but I found that having tackled our Honors courses put me a step ahead of some of my classmates. Without hesitation, I was able to critically analyze the information I was given in a way I

undoubtedly could not have done before. The nuances of stress weaved into our curriculum challenged us all, but I found I had a base level ability to metacognitively reflect that wasn't present in everyone I worked alongside. Each member of our cohort has their own strengths, of course, but I found pride in my continued desire to dive deeper into my coursework. This may just sound like a profound level of nerdiness (which I'd happily claim), but it was more than that. I found myself going beyond memorization to ask why systems behaved as they did; I approached an exam with reasoning rather than with basic facts I could regurgitate. I truly believe I wouldn't have those skills if I had not been an Honors student.

So, what advice to I have for those reading this? To the current Honors students, I implore you to take those discussions seriously. I never thought a philosopher like Plato would influence my medical career, but I barely made it a month into my program before principles of his cave permeated into my views of my new community. If you take nothing else from this article, please hear this: it was all worth it, in ways you will never know until you move beyond this program and into your adult lives. And as for any prospective Honors students that may be perusing this publication, unsure of whether or not this program was for you, please know that entering into this community is something I cannot recommend enough. My time as an Honors student allowed me to grow in both knowledge and personhood beyond my every expectation, and along the way I found support and friendships that I still treasure today. Finally, my last piece of wisdom goes out to anyone, whether you are reading this from your email or are desperately reading anything in the Honors Center to avoid starting to study: take a deep breath, remember your love to learn, and enjoy your ascent from the cave.



| Photo provided by Alex Corder



CONGRATULATIONS WINTER 2019 AND SPRING 2020 GRADUATES

STUDENT	MAJOR	STUDENT	MAJOR
Joshua Ateca	Enviromental Studies	Helena Morrow	Business Administration
Monejah Black	Mass Communications	Aisha Muhammad	Political Science
Kaitlyn Blankenship	Exercise Science	Sara Mulligan	Environmental Studies
Jessika Bonner	Biology	Darien Nguyen	Chemistry
Heath Byrd	Exerise Science	Joshua Paytosh	Computer Science
Christopher Chamberlin	Mathematics	Juliana Quay	Chemistry
Margaret Claytor	Art	Faith Rush	English
Kaitlyn Clingenpeel	Sociology	Courtney Singleton	Music
Madison DeMott	Psychology	Erin Streetman	Psychology
Tiffany Dwyer	Chemistry	Sydney Strother	Psychology
Katya Engalichev	Individualized Studies	Kenashia Thompson	Philosophy and Religion
Victoria Everest	Secondary Education Social Studies (MATS)	David Truesdale	Philosophy and Reigion; Political Science
Téa Franco	Mass Communications	Hannah Tucker	Middle Level Education
Emily Garrett	Human Nutrition	Breanna Walden	Biology
Sarah Golzari	Modern Languages	Martha Whiteman	Art History
Olivia Greathouse	Modern Languages	Veronica Worthington	Psychology
Keia Griffin	Modern Languages	Nolan Worthy	Computer Science
Sara Griffith	Elementary Education	Ryan Zavitkovsky	Psychology
Caroline Hammond	Biology	Winter 2019 Graduates:	
Emma Harris	Psychology	Joseph Calamia	Mass Communications
Cherilyn Heintz	Business Administration	Hannah Hundley	Political Science
James Kachamila	Business Administration	Theo Kahler	Political Science with International Experience
Katherine Karban	Art		
Nicholle Lewis	Biology	Ashlee McCall	Business Administration
Brianna McGee	Psychology	Shelbi Perry	English
Sauliha Mitchell	Political Science	Rebecca Watjen	Political Science

Congratulations to all of Winthrop's Honors Program graduates. Our circumstances may have deprived you of your chance to celebrate, but not your accomplishment.

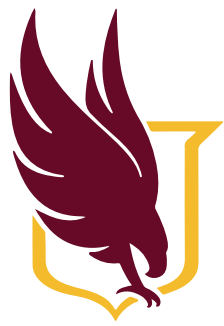


Photo Story - WUHA! Hosts Events!



Pictured above:

As part of their Honors degree requirements, Winthrop Honors students paint houses for service learning credit during Rolling in Rock Hill. During this event, students work with members of the community in a program focused on painting houses for those who are physically or financially unable to do it themselves



Pictured left:
WUHA! (Winthrop University Honors Association) hosts social events for students to bond with fellow Honors students. Here, several students work hard on painting during the Bob Ross painting event



Why I Chose Honors



| Photo provided by Erin Streetman

Joslynn Luto
Freshman
Psychology

I have always been told to take advantage of every opportunity that I am given, so when I had the choice to apply for the Honors Program at Winthrop, I did. At the time I did not really know why I was applying other than for the nice housing and early registration. I questioned if it was something I wanted to do; many new choices are hard to make and nerve racking. The good outweighed the foreseeable bad so I applied and was accepted. I expected hard courses, boring course material, and mean-spirited competition like I had seen at my former school, yet what I have experienced has been anything but negative. It would be much easier to write why one should choose to be in the Honors Program at Winthrop rather than why I initially applied, so I will speak to that as well.

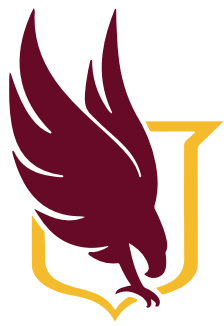
Hearing that Honors classes would have a smaller group of students, I did not realize that this meant more intimate class discussions, close teacher

relationships, and thoughtful student led questioning. All components have been very beneficial to my peers and me. Since the class sizes are often smaller than non-Honors courses, class feels much more inquiry and discussion based because all students have time to express their thoughts and beliefs. Not only have I used other students' thoughts to better my papers, but to better my own understandings and views. Before coming to Winthrop, I was excited for the larger class sizes colleges often have, but I am now grateful for the more intimate feel of the classroom and the freedom I have to express myself with other kind and talented people. I now look forward to my smaller classes because I know I will gain a deep understanding of the material.

Whenever I would tell friends or family that I was going to be a part of the Honors college, they would often reply with warnings filled of harsh irrational professors who would make course material near impossible to comprehend. I wanted to be challenged, but at the same time I wanted to succeed, so again I questioned if the Honors Program would be a good decision. The program promised to challenge students, and I agree that challenging material is important at the college level in order to produce prepared graduates. During my first semester, I have been challenged in so many ways and I have had to rethink my learning process, but the professors have been supportive and compassionate. They want their Honors students to learn and grow exponentially; they realize the importance of supporting their students and do it daily. The perfect amount of challenge and compassion is housed in the Winthrop Honors Program.

Since Honors students are housed together and enjoy small class sizes together, we can connect with one another. I hoped for supportive friendships in college and the Honors Program gave me just that. If I ever have a question or problem, a helpful and friendly face is just a door down from me. Late night study struggles have been eased with the help of my roommates and being

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| Photo provided by Erin Streetman

around like-minded driven individuals has proven valuable. My closest set of friends are those who I have met through the Honors Program. The change and adjustment period that college brings is one that requires a solid set of supportive people, and I am grateful to the Honors Program for these people. The good reputation the school has partnered well with the added opportunities the Honors Program provides. When applying for internships and jobs, I have found that employers are impressed with the Winthrop University name and they understand the added benefit of an Honors educated mind. Not only has the Honors Program given me more opportunities for internships and jobs, but it has given me the skill set to impress. Training the mind to handle challenges and problem solve is something that this program provides.

“ The perfect amount of challenge and compassion is housed in the Winthrop Honors Program.

I know that I will be prepared to enter the work force upon graduation.

I initially did not know why I wanted to be a part of the honors program other than for the added housing and priority benefits, but I would highly suggest it to any prospective student. The personal and academic advantage offered by the program are those that cannot be beat. I am so happy and grateful that I chose to attend Winthrop, but I am more grateful that I decided to choose the Honors Program as well. Enhancing my college experience and education through the Honors Program is well worth the work and time; I am so glad that I am a part of such a wonderful and supportive program.



OFFICIAL NEWSLETTER OF THE WINTHROP HONORS PROGRAM

Honors Program
Honors Center at
The Courtyard
Rock Hill SC, 29733

Phone: 803/323-2320
Fax: 803/323-3910
E-mail: honorsprogram@winthrop.edu
Website: www.winthrop.edu/honors

STAY CONNECTED!

Please help us stay in touch with you!
Submit this form to the Honors Program via email at
honorsprogram@winthrop.edu.

Name: _____

Address: _____

City / State / Zip: _____

Degree Year: _____

Spouse's Name: _____

If WU alumn, spouse's degree info:

Phone: _____

Employer / Job Title: _____